



THE EFFECT OF WORK STRESS TOWARDS WORK-LIFE
BALANCE AMONG EMPLOYEES AT
JABATAN KEHAKIMAN SYARIAH SELANGOR (JAKESS)

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**Submitted in Partial Fulfilment of the
Requirement for the
Bachelor of Business Administration with Honours
(Human Resources Management)**

**FACULTY OF BUSINESS MANAGEMENT
UNIVERSITI TEKNOLOGI MARA
CAWANGAN MELAKA KAMPUS BANDARAYA**

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DECLARATION OF ORIGINAL WORK



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“DECLARATION OF ORIGINAL WORK”**

I, Norsyahirah Binti Mat Sani, (I/C Number: 940121105846)

Hereby declare that:

- This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently submitted for this degree or any other degrees.
- This project paper is result of my independent work and investigation, except where otherwise stated
- All verbatim extract have been distinguished by quotation marks and source of my information have been specifically acknowledge

Signature: _____

Date : _____

LETTER OF SUBMISSION

January 2019

The Head of Program
Bachelor of Business Administration (Hons) Human Resources Management
Faculty of Business Management
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Dear Sir/Madam,

SUBMISSION OF PROJECT PAPER

Enclosed herewith is a thesis entitled “The effect of work stress towards work-life balance among employees at Jabatan Kehakiman Syariah Selangor (JAKESS)”. Hope this thesis will meet the requirement and expectation from the faculty. Thank you very much for all guidance and supports that have generously rendered upon the completion of this thesis.

Thank you,

Yours sincerely,

(Norsyahirah Binti Mat Sani)

ABSTRACT

Work-life balance is a term used for the idea that individual need time for both work and other aspects of life, whether those are family-related or personal interests. If there any imbalance in life of individual, it will results the employee start to feel stress and fatigue, loss of control and even strained relationships. Thus, achieving a work-life balance is the new ideal for employees and the need of balance is essential because the previous studies have reported that work-life balance bring more benefits to the organizations who applied it in their company's policy. Furthermore, this study focuses on how the effect of work stress towards the work-life balance among the employees at Jabatan Kehakiman Syariah Selangor (JAKESS). There are 304 questionnaire were distribute to the employees by using the convenience sampling method and the response rate are gathered from this study at 70% of population. In this study, the data analysis shows that, workload have a negative and significant relationship towards work-life balance. Meanwhile, interpersonal relationship has positive and significant relationship towards work-life balance. However, the finding shows that role conflict has no significant relationship towards work-life balance at Jabatan Kehakiman Syariah Selangor (JAKESS). Moreover, interpersonal relationship has become the strongest relationship towards work-life balance among employees at Jabatan Kehakiman Syariah Selangor (JAKESS).